



FEEL MORE FULFILLED AS A PARENT



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Also by Tope Dada

- **HEALTH LOCUS OF CONTROL AND DENTAL ANXIETY AS PREDICTOR OF PSYCHOLOGICAL WELL-BEING AMONG DENTAL PATIENTS**
- **FOOD SECURITY**

To those who have shown me what it means to be a good
parent:

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The scripture

Scholars

My parents, Gabriel and Esther dada

My wife, Tomiwa dada

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Introduction

Parents are still the main caregivers for most children, even though many children spend a great deal of many hours in school as they grow older.

Raising a happy, healthy child is one of the most challenging jobs a parent can have -- and also one of the most rewarding. Yet many of us

don't approach parenting with the same focus we would use for a job. We may act on our gut reactions or just use the same parenting techniques our own parents used, whether or not these were effective parenting skills.

Genesis 1:28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it.”

- Children are the natural result of marriage, which God blesses.

Parenting is one of the most researched areas in the field of social science.

Developmental psychologists have long been interested in how parents affect child development. However, finding actual cause-and-effect links between specific actions of parents and later behavior of children is very difficult.

Some children raised in dramatically different environments can later grow up to have remarkably similar personalities. Conversely, children who share a home and are raised in the same environment can grow up to have very different personalities.

Despite these challenges, researchers have posited that there are links between parenting styles and the effects these styles have on children. And some suggest these effects carry over into adult behavior.

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Definition

Parenting is the process of raising children promoting, providing them with protection and care and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Process of raising and educating a child from birth until adulthood.

Parenting or child rearing promotes and supports the physical, emotional, social, and intellectual development of

a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship.

- In the very beginning, in the Garden of Eden, God created marriage, blessed it, and encouraged the bearing and raising of children. The role of the parent is a sacred trust from God.

Psalm 127:3-5a Sons are a heritage from the LORD, children a reward from him. [4] Like arrows in the hands of a warrior are sons born in one's youth. [5a] blessed is the man whose quiver is full of them.

- Regard your children for what they are — that is, God-given blessings!

- “...a heritage...reward...blessed is the man” — God blessed my wife and me with four children and, at the time of this writing, five grandchildren with another on the way [2018 update: 12 grandchildren]. Our four children are married adults now, and they have proven to be a blessing and a continual source of joy.

The most common caretaker in parenting is the father or mother, or both, the biological parents of the child in question. However, a surrogate may be an older sibling, a step-parent, a grandparent, a legal guardian, aunt, uncle, other family members, or a family friend. Governments and society may also have a role in child-rearing. In many cases, orphaned or abandoned children receive parental care from non-parent or non-blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. Parenting skills vary, and a parent or surrogate with good parenting skills may be referred to as a *good parent*.

Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. Parenting is usually done by the biological parents of the child in question, although governments and society take a role as well. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations. Others may be adopted, raised in foster care, or placed in an orphanage.

Performing the role of a parent by care-giving, nurturance, and protection of the child by a natural or substitute parent. The parent supports the child by exercising authority and through consistent, empathic, appropriate behavior in response to the child's needs. PARENTING differs from CHILD REARING in that in child rearing the emphasis is on the act of training or bringing up the children and the interaction between the parent and child, while parenting emphasizes the responsibility and qualities of exemplary behavior of the parent.

Parenting practices around the world share three major goals: ensuring children's health and safety, preparing children for life as productive adults and transmitting cultural values. A high-quality parent-child relationship is critical for healthy development.

Approaches to parenting vary. How you parent – your parenting style – is influenced by your own parents, your personality, what you learn from people around you, the stresses you face in your life, and your child's personality and behavior.

One of the interesting things about being a parent is that there is great variation in how we raise our children. At the same time, there are many commonalities from one parent to another. In fact, there is enough similarity that researchers have tried to group parents into four common parenting styles.

Your parenting style refers to the combination of strategies that you use to raise your children. The work of Diane Baumrind in the 1960s created one commonly-referenced categorization of parenting styles.

A parenting style is a psychological construct representing standard strategies that parents use in their child rearing. The quality of parenting can be more essential than the quantity of time spent with the child. For instance, a parent can spend an entire afternoon with his or her child, yet the parent may be engaging in a different activity and not demonstrating enough interest towards the child. Parenting styles are the representation of how parents respond to and make demands on their children.

The parenting styles commonly used in psychology today are based on the work of Diana Baumrind, a developmental psychologist at the

University of California at Berkeley, in the 1960s. Maccoby and Martin also contributed by refining the model in the 1980s.

Parenting Styles

Over the years and across many cultures, the idea about the best parenting style has gone through so many changes and vary across cultures.

At one time, and in some culture still, strict discipline along the lines of such adage as 'spare the rod and spoil the child' and children should be seen and not heard' were advised by parents to be imposed on their children. But parenting and attitudes towards children have changed to more of nurturing and caring.

A parenting style is indicative of the overall emotional climate in the home.

We parents are entrusted with taking our children from 0% to 100% responsibility for their lives.

Developmental psychologist Diana Baumrind identified three main parenting styles in early child development: authoritative, authoritarian, and permissive. These parenting styles were later expanded to four to include an uninvolved style. These four styles involve combinations of acceptance and responsiveness, and also involve demand and control. Research has found that parenting style is significantly related to a child's subsequent mental health and well-being. In particular, authoritative parenting is positively related to mental health and satisfaction with life, and authoritarian parenting is negatively related to these variables. With authoritarian and permissive parenting on opposite sides of the spectrum, most conventional modern models of parenting fall somewhere in between.

Parenting styles vary by historical period, race/ethnicity, social class, preference, and a few other social features. Additionally, research supports that parental history, both in terms of attachments of varying quality and parental psychopathology, particularly in the wake of adverse experiences, can strongly influence parental sensitivity and child outcomes.

Good parenting helps foster empathy, honesty, self-reliance, self-control, kindness, cooperation, and cheerfulness, says Steinberg. It also promotes intellectual curiosity, motivation, and desire to achieve. It helps protect children from developing anxiety, depression, eating disorders, anti-social behavior, and alcohol and drug abuse.

Proverbs 20:11 Even a child is known by his actions, by whether his conduct is pure and right.

- A child's conduct is important to God and should, therefore, be of great importance to parents.

"Parenting is one of the most researched areas in the entire field of social science," says Steinberg, who is a distinguished professor of psychology at Temple University in Philadelphia. The scientific evidence for the principles he outlines "is very, very consistent," he tells WebMD.

Too many parents base their actions on gut reaction. But some parents have better instincts than others, Steinberg says. Children should never be hit -- not even a slap on a toddler's bottom, he tells WebMD. "If your young child is headed into danger, into traffic, you can grab him and hold him, but you should under no circumstances hit him."

Ruby Natale PhD, PsyD, professor of clinical pediatrics at the University of Miami Medical School, couldn't agree more. She offered a few of her own insights. "Many people use the same tactics their own parents used, and a lot of times that meant using really harsh discipline," she tells WebMD.

A parent's relationship with his or her child will be reflected in the child's actions -- including child behavior problems, Natale explains. "If you don't have a good relationship with your child, they're not going to listen to you. Think how you relate to other adults. If you have a good relationship with them, you tend to trust them more, listen to their opinions, and agree with them. If it's someone we just don't like, we will ignore their opinion."

Diana Baumrind (1971, 1991) believes parents interact with their children in one of four basic way:

Authoritative parenting

Described by Baumrind as the "just right" style, it combines medium level demands on the child and a medium level responsiveness from the parents. Authoritative parents rely on positive reinforcement and infrequent use of punishment. Parents are more aware of a child's feelings and capabilities and support the development of a child's autonomy within reasonable limits. There is a give-and-take atmosphere involved in parent-child communication, and both control and support are balanced. Some research has shown that this style of parenting is more beneficial than the too-hard authoritarian style or the too-soft permissive style. This parenting style results from successful, and happy children. When practiced without physical punishment, one gets the most favorable results with the least issues in today's world. These children score higher in terms of competence, mental health, and social

development than those raised in permissive, authoritarian, or neglectful homes.

Authoritarian parenting styles

Authoritarian parents are very rigid and strict. High demands are placed on the child, but there is little responsiveness to them. Parents who practice authoritarian-style parenting have a non-negotiable set of rules and expectations strictly enforced and require rigid obedience. When the rules are not followed, punishment is often used to promote and ensure future compliance. There is usually no explanation of punishment except that the child is in trouble for breaking a rule. This parenting style is strongly associated with corporal punishment, such as spanking. A typical response to a child's question of authority would be, "because I said so." This type of parenting seems to be seen more often in working-class families than in the middle class in 1983, Diana Baumrind found that children raised in an authoritarian-style home were less cheerful, moodier, and more vulnerable to stress. In many cases, these children also demonstrated passive hostility. This

parenting style can negatively impact the educational success and career path, while a firm and reassuring parenting style impact positively.

Permissive parenting

Permissive parenting has become a more popular parenting method for middle-class families than working-class families roughly since the end of WWII. In these settings, a child's freedom and autonomy are highly valued, and parents rely primarily on reasoning and explanation. Parents are undemanding, and thus there tends to be little if any punishment or explicit rules in this parenting style. These parents say that their children are free from external constraints and tend to be highly responsive to whatever it is that the child wants. Children of permissive parents are generally happy but sometimes show low levels of self-control and self-reliance because they lack structure at home.

Uninvolved parenting

An uninvolved or neglectful parenting style is when parents are often emotionally or physically absent. They have little to no expectations from the child and regularly have no communication. They are not responsive to a child's needs and have little to no behavioral expectations. If present, they may provide what the child needs for survival with little to no engagement. There is often a large gap between parents and children with this parenting style. Children with little or no communication with their own parents tend to be victimized by other children and may exhibit deviant behavior themselves. Children of uninvolved parents suffer in social competence, academic performance, psychosocial development, and problematic behavior.

Diana Baumrind's Parenting Styles Theory

Baumrind noticed that preschoolers exhibited distinctly different types of behavior. Each type of behavior was highly correlated to a specific kind of parenting.

Baumrind's theory is that there is a close relationship between the type of parenting style and children's behavior. Different parenting styles can lead to different child development and child outcomes.

Based on extensive observation, interviews and analyses, Baumrind initially identified three different types of parenting styles: authoritative parenting, authoritarian parenting and permissive parenting¹.

Although Diana Baumrind is known for her work on categorizing parenting styles, Maccoby and Martin (1983) were the ones who expanded this 3-parenting-styles model using a two-dimensional framework².

They expanded Baumrind's permissive parenting style into two different types: permissive parenting (also known as indulgent

parenting style) and neglectful parenting (also known as uninvolved parenting style).

These four parenting styles are sometimes called the Baumrind parenting styles or Maccoby and Martin parenting styles.

The four Baumrind parenting styles have distinct names and characteristics:

- Authoritative
- Authoritarian or Disciplinarian
- Permissive or Indulgent
- Uninvolved

I

Authoritative

Encourages children to be independent but still place limits and controls on their behaviour. Extensive verbal give-and-take is allowed, and parents are warm and nurturant towards the child.

Described by Baumrind as the "just right" style, it combines a medium level demands on the child and a medium level responsiveness from the parents. Authoritative parents rely on positive reinforcement and infrequent use of punishment. Parents are more aware of a child's feelings and capabilities and support the development of a child's autonomy within reasonable limits. There is a give-and-take atmosphere involved in parent-child communication and both control and support are balanced. Research shows that this style is more

beneficial than the too-hard authoritarian style or the too-soft permissive style.

Children whose parents are authoritative tend to be socially competent, self-reliant, and socially responsible. They are nurturing, responsive, and supportive, yet set firm limits for their children. They attempt to control children's behavior by explaining rules, discussing, and reasoning. They listen to a child's viewpoint but don't always accept it. Children raised with this style tend to be friendly, energetic, cheerful, self-reliant, self-controlled, curious, cooperative and achievement-oriented.

Authoritative parents are reasonable and nurturing, and set high, clear expectations. Children with parents who demonstrate this style tend to be self-disciplined and think for themselves. This style is thought to be most beneficial to children.

An authoritative parents might put his arm around a child in a comforting way and say 'you know you shouldn't have done that; let's talk about how you can handle the situation better next time.'

- High demandingness. High responsiveness.

Authoritative parents have high expectations for achievement and maturity, but they are also warm and responsive³

These parents set rules and enforce boundaries by having open discussion, providing guidance and using reasoning.

These parents provide their kids with reasoning and explanation for their action. Explanations allow children to have a sense of awareness and teach kids about values, morals, and goals.

Their disciplinary methods are *confrontive* i.e. reasoned, negotiable, outcome-oriented, and concerning with regulating behaviors.

Authoritative parents are affectionate and supportive. They provide their children with autonomy and encourage independence. They also allow bidirectional communication. This parenting style is also known as the democratic parenting style. Children of authoritative parents are *cherished*.

Based on Baumrind's research on parenting styles, children of authoritative parents tend to:

- Appear happy and content.
 - Are more independent
 - Are more active
 - Achieve higher academic success
 - Develop good self-esteem
 - Interact with peers using competent social skills
 - Have better mental health — less depression, anxiety, suicide attempts, delinquency, alcohol and drug use
 - Exhibit less violent tendencies
 - Are securely attached.
-
- Disciplinary rules are clear and the reasons behind them are explained.

- Communication is frequent and appropriate to the child's level of understanding.
- Authoritative parents are nurturing.
- Expectations and goals are high but stated clearly. Children may have input into goals.

Do any of these statements sound like you?

- You put a lot of effort into creating and maintaining a positive relationship with your child.
- You explain the reasons behind your rules.
- You enforce rules and give consequences, but take your child's feelings into consideration.

If those statements sound familiar, you may be an authoritative parent. Authoritative parents have rules and they use consequences, but they also take their children's opinions into account. They validate their children's feelings, while also making it clear that the adults are ultimately in charge.

Authoritative parents invest time and energy into preventing behavior problems before they start. They also use positive discipline strategies to reinforce good behavior, like praise and reward systems.

Researchers have found kids who have authoritative parents are most likely to become responsible adults who feel comfortable expressing their opinions.

Children raised with authoritative discipline tend to be happy and successful. They're also more likely to be good at making decisions and evaluating safety risks on their own.

II

Permissive

Permissive, or indulgent, parenting is more popular in middle-class than in working-class families.

Parents are involved with their children but place few limits on them. Such parents let their children do what they want. The belief of some parent is that the combination of warm involvement with few restraints will produce a creative, confident child. But children of indulgent parents often rate poorly in social competence. They often fail to learn respect for others, expect to get their own way, and have difficulty controlling their behavior.

In these settings, a child's freedom and autonomy are highly valued, and parents tend to rely mostly on reasoning and explanation. Parents are undemanding, so there tends to be little if any punishment or explicit rules in this style of parenting. These parents say that their children are free from external constraints and tend to be highly responsive to whatever the child wants at the time. Children of permissive parents are generally happy but sometimes show low levels of self-control and self-reliance because they lack structure at home.

In this parenting style, parents are warm, but lax. They fail to set firm limits, to monitor children's activities closely or to require appropriately mature behavior of their children.

Children raised with this parenting style tend to be impulsive, rebellious, aimless, domineering, aggressive and low in self-reliance, self-control and achievement.

Permissive or Indulgent parents mostly let their children do what they want, and offer limited guidance or direction. They are more like friends than parents.

- Their discipline style is the opposite of strict. They have limited or no rules and mostly let children figure problems out on their own.
- Communication is open but these parents let children decide for themselves rather than giving direction.
- Parents in this category tend to be warm and nurturing.
- Expectations are typically minimal or not set by these parents.

Low demandingness. High responsiveness

Permissive parents set very few rules and boundaries and they are reluctant to enforce rules.

These indulgent parents are warm and indulgent but they do not like to say no or disappoint their children.

Children of permissive parenting tend to have the worst outcomes:

- Cannot follow rules.
- Have worse self-control.
- Possess egocentric tendencies.
- Encounter more problems in relationships and social interactions.

Do any of these statements sound like you?

- You set rules but rarely enforce them.
- You don't give out consequences very often.

- You think your child will learn best with little interference from you.

If those statements sound familiar, you might be a permissive parent. Permissive parents are lenient. They often only step in when there's a serious problem.

They're quite forgiving and they adopt an attitude of "kids will be kids." When they do use consequences, they may not make those consequences stick. They might give privileges back if a child begs or they may allow a child to get out of time-out early if he promises to be good.

Permissive parents usually take on more of a friend role than a parent role. They often encourage their children to talk with them about their problems, but they usually don't put much effort into discouraging poor choices or bad behavior.

Kids who grow up with permissive parents are more likely to struggle academically.

They may exhibit more behavioral problems as they don't appreciate authority and rules. They often have low self-esteem and may report a lot of sadness.

They're also at a higher risk for health problems, like obesity, because permissive parents struggle to limit junk food intake. They are even more likely to have dental cavities because permissive parents often don't enforce good habits, like ensuring a child brushes his teeth.

III

Uninvolved

An uninvolved or neglectful parenting style is a style which parents are neglectful and uninvolved in their child's life. As such parents, 'It's 10 P.M. Do you know where your child is?' and they are likely to answer, NO.' Yet children have a strong need for their parents to care about them.

When parents are often emotionally or physically absent. They have little to no expectation of the child and regularly have no communication. They are not responsive to a child's needs and have little to no behavioral expectations. If present, they may provide what the child needs for survival with little to no engagement. There is often a large gap between parents and children with this parenting style. Children with little or no communication with their own parents tended to be victimized by other children and may themselves exhibit deviant behavior. Children of uninvolved parents suffer in social competence, academic performance, psychosocial development and problem behavior.

In this parenting style, parents are unresponsive, unavailable and rejecting.

Children raised with this parenting style tend to have low self-esteem and little self-confidence and seek other, sometimes inappropriate, role models to substitute for the neglectful parent.

Uninvolved parents give children a lot of freedom and generally stay out of their way. Some parents may make a conscious decision to parent in this way, while others are less interested in parenting or unsure of what to do.

- No particular discipline style is utilized. An uninvolved parent lets a child mostly do what he wants, probably out of a lack of information or caring.
- Communication is limited.
- This group of parents offers little nurturing.
- There are few or no expectations of children.

Low demandingness. Low responsiveness.

Neglectful parents do not set firm boundaries or high standards.

They are indifferent to their children's needs and uninvolved in their lives.

These uninvolved parents may have mental issues themselves such as depression, or physical abuse or child neglect when they were kids.

Children raised by neglectful parents:

- Are more impulsive.
- Cannot self-regulate emotion.
- Encounter more delinquency and addictions problems.
- Have more mental issues — e.g. suicidal behavior in adolescents.

Do any of these statements sound familiar?

- You don't ask your child about school or homework.
- You rarely know where your child is or who she is with.
- You don't spend much time with your child.

If those statements sound familiar, you might be an uninvolved parent. Uninvolved parents tend to have little knowledge of what their children are doing. There tend to be few rules. Children may not receive much guidance, nurturing, and parental attention.

Uninvolved parents expect children to raise themselves. They don't devote much time or energy into meeting children's basic needs. Uninvolved parents may be neglectful but it's not always intentional. A parent with mental health issues or substance abuse problems, for example, may not be able to care for a child's physical or emotional needs on a consistent basis.

At other times, uninvolved parents lack knowledge about child development. And sometimes, they're simply overwhelmed with other problems, like work, paying bills, and managing a household.

Children with uninvolved parents are likely to struggle with self-esteem issues.

They tend to perform poorly in school. They also exhibit frequent behavior problems and rank low in happiness.

IV

Authoritarian Parenting

It's a restrictive, punitive style in which the parent exhorts the child to follow the parent's directions and to value hard work and effort.

Authoritarian parents are very rigid and strict. High demands are placed on the child, but there is little responsiveness to them. Parents

who practice authoritarian-style parenting have a non-negotiable set of rules and expectations that are strictly enforced and require rigid obedience. When the rules are not followed, punishment is often used to promote and insure future obedience.^[21] There is usually no explanation of punishment except that the child is in trouble for breaking a rule. This parenting style is strongly associated with corporal punishment, such as spanking and "Because I said so" is a typical response to a child's question of authority. This type of parenting is seen more often in working-class families than in the middle class. In 1983 Diana Baumrind found that children raised in an authoritarian-style home were less cheerful, more moody and more vulnerable to stress. In many cases these children also demonstrated passive hostility.

For example, the authoritarian parent might say, 'you do it my way or else. No backtalk.' The authoritarian parent firmly limits and controls the child with little verbal exchange. Children of authoritarian parents often fail to initiate activity, have poor communication skills, and compare themselves with others.

Authoritarian parents are often thought of as disciplinarians.

- They use a strict discipline style with little negotiation possible. Punishment is common.
- Communication is mostly one way: from parent to child. Rules usually are not explained.
- Parents with this style are typically less nurturing.
- Expectations are high with limited flexibility.

High demandingness. Low responsiveness.

High levels of parental control and low levels of responsiveness are the two characteristics of authoritarian parents.

Although authoritarian parenting and authoritative parenting styles have similar names, they have several important differences in parenting belief, demand and approach.

While both parental styles demand high standards, authoritarian parents demand blind obedience using reasons such as “*because I said so*”. They only allow one way communication through rules and orders. Any attempts to reason with them are seen as backtalk.

These parents use stern discipline and often employ harsh punishment, such as corporal punishment, as a way to control children's behavior. Their disciplinary methods are *coercive* i.e. arbitrary, peremptory, domineering, and concerned with marking status distinctions. Authoritarian parents are unresponsive to their children's needs and are generally not nurturing. They usually justify their mean treatment of their kids as tough love.

Children whose parents have an authoritarian parenting style tend to:

- Have an unhappy disposition.
- Be less independent.
- Appear insecure.
- Possess low self-esteem.
- Exhibit more behavioral problems.
- Perform worse academically.
- Have poorer social skills.

- Be more prone to mental issues
- Be more likely to have drug use problems
- Have worse coping mechanism

Do any of these statements sound like you?

- You believe kids should be seen and not heard.
- When it comes to rules, you believe it's "my way or the highway."
- You don't take your child's feelings into consideration.

If any of those ring true, you might be an authoritarian parent. Authoritarian parents believe kids should follow the rules without exception.

Authoritarian parents are famous for saying, "Because I said so," when a child questions the reasons behind a rule. They are not interested in negotiating and their focus is on obedience.

They also don't allow kids to get involved in problem-solving challenges or obstacles. Instead, they make the rules and enforce the consequences with little regard for a child's opinion.

Authoritarian parents may use punishments instead of discipline. So rather than teach a child how to make better choices, they're invested in making kids feel sorry for their mistakes.

Children who grow up with strict authoritarian parents tend to follow rules much of the time. But, their obedience comes at a price.

Children of authoritarian parents are at a higher risk of developing self-esteem problems because their opinions aren't valued.

They may also become hostile or aggressive. Rather than think about how to do things better in the future, they often focus on the anger they feel toward their parents. Since authoritarian parents are often strict, their children may grow to become good liars in an effort to avoid punishment.

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Parenting Skills

Child rearing is a great challenge, but also a great privilege. Raising kids is nearly easy. In fact, it's often one of the most challenging-and often frustrating-things you will ever do, especially because you are

learning as you go. No one goes into parenting knowing exactly how to handle everything that is thrown at them. But the best parents are always looking for ways to improve.

Consistency is considered the “backbone” of positive parenting skills and “overprotection” the weakness.

Training a child involves repetition, reinforcement, encouragement, sometimes over and over. But in the end, it is worth it!

Proverbs 22:6, NKJV Train up a child in the way he should go, and when he is old he will not depart from it.

Parenting skills assist parents in leading children into healthy adulthood, influencing their development, and maintaining their negative and positive behaviors. The cognitive potential, social skills, and behavioral functioning a child acquires during the early years are fundamentally dependent on the quality of their interactions with their parents.

Parenting skills are widely thought to be naturally present in parents; however, there is substantial evidence to the contrary. Those who

come from a negative or vulnerable childhood environment frequently (and often unintentionally) mimic their parents' behavior during interactions with their own children. Parents with an inadequate understanding of developmental milestones may also demonstrate problematic parenting. Parenting practices are of particular importance during marital transitions like separation, divorce, and remarriage; if children fail to adequately adjust to these changes, they are at risk of negative outcomes (e.g. increased rule-breaking behavior, problems with peer relationships, and increased emotional difficulties).

Children benefit (or avoid poor developmental outcomes) when their parents exhibit the following child-rearing skills.

- I. Boost Your Child's Self-Esteem
- II. Set Limits, Be Consistent With Your Discipline but Avoid Harsh Discipline

- III. Make time for your Kids
- IV. Be A Good Role Model
- V. Make Communication A priority
- VI. Be Flexible and Willing To Adjust Your Parenting Style
- VII. Know Your Own Needs and Limitations As A Parent
- VIII. Treat your Child with respect
- IX. Show Lots of Love & Show that your love is unconditional
- X. Build a strong relationship with your spouse
- XI. Help Your Children Develop Social Skills

I

Boost Your Child's Self-Esteem

Boosting a child's self-esteem gives a child sense of security. Children who have a strong sense of security early on in life go on to perform better in school.

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless.

Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well intentioned?

The more effective approach is to catch kids doing something right: "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scolding.

Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

II

Set Limits, Be Consistent with Your Discipline but Avoid harsh discipline.

You need to be sure your discipline is consistent, but flexible. If you change your rules, be sure you say, 'I was wrong,' and explain why you change your mind. However, when the punishment fits the crime, stick to your gun.

Proverbs 13:24 He who spares the rod hates his son, but he who loves him is careful to discipline him.

"If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? The rules your child has learned from you are going to shape the rules he applies to himself."

Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include:
no TV until homework is done, and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a "time out" or loss of privileges. A common mistake parents make is failure to follow through with the consequences. You can't discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.

If your rules vary from day to day in an unpredictable fashion or if you enforce them only intermittently, your child's misbehavior is your fault, not his. Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it."

"There are many other ways to discipline a child, including 'time out,' which work better and do not involve aggression."

Parents should never hit a child, under any circumstances. "Children who are spanked, hit, or slapped are more prone to fighting with other children". "They are more likely to be bullies and more likely to use aggression to solve disputes with others."

"There is a lot of evidence that spanking causes aggression in children, which can lead to relationship problems with other kids".

Discipline them diligently, consistently, and early in life.

You say, "I love them too much to discipline them." No! You don't. The Bible says that you "hate" them if you neglect the discipline they need.

You're preparing them, in obedience to Titus 2:11-12, to be able to say "no" to sinful inclinations — "...the grace of God ... [12] teaches us to say "No" to ungodliness and worldly passions..."

Notice that love and discipline go hand in hand — "...he who loves him is careful to discipline him."

Proverbs 29:15, 17 the rod of correction imparts wisdom, but a child left to himself disgraces his mother.... [17] Discipline your son, and he will give you peace; he will bring delight to your soul.

Teach them "no" with loving firmness (not physical). Some successful parents recommend starting this verbal training at about age 6 months.

III

Make Time for Your Kids

Have you ever been so busy that you don't realize your kids are talking to you? Don't worry, it happens to the best of us. When you are spending time with your child, try to avoid too many distractions, including those intrusive thoughts about work or the laundry that seems to be calling your name.

Even reaching out and gently touching their arm or holding their hand when they're upset communicates not only that they have your full attention, but that you empathize with what they're feeling.

"Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically."

Being involved *does not* mean doing a child's homework -- or reading it over or correcting it.

It's often difficult for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren't getting the attention they want from their parents often act out or misbehave because they're sure to be noticed that way.

Many parents find it rewarding to schedule together time with their kids. Create a "special night" each week to be together and let your

kids help decide how to spend the time. Look for other ways to connect — put a note or something special in your kid's lunchbox.

Adolescents seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games, and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don't feel guilty if you're a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember.

Make it a priority to know what your kids are hoping for, what they fear, and what they feel anxious about. Listen and ask questions, even if they

ignore you or try to evade answering. When you demonstrate that you care, you are showing them that you love them.

IV

Be a Good Role Model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware that

you're constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

Don't do anything in front of your children that you wouldn't want them to do. If you find yourself exhibiting behaviour that you don't want them to mimic, then it's a sign you should change how you react in certain situations.

A child's family is their first training ground for relationships and usually one of the strongest influences.

To be a good role model to your children:

Begin early

Be open about your life

Be affectionate

Be positive

Be encouraging

Healthy living

Self-improvement

Self-control

Walk the talk

V

Make Communication a Priority

You can't expect kids to do everything simply because you, as a parent, "say so." They want and deserve explanations as much as adults do. If we don't take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who

reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.

Communication is essential to children's relationship and development. Good communication involves listening and talking in a way that makes them feel important and valued. Communicating well with your children helps them develop skills for communicating with others.

Actively listen by focusing on what is being said without thinking about how you're going to respond. It's about watching body language and picking up on cues.

You can improve your listening skills by getting on your child's level so that you can look them in the eye. That may mean kneeling down so that you match their height. Give your kids your complete attention and make good eye contact.

Even reaching out and gently touching their arm or holding their hand when they're upset communicates not only that they have your full attention, but that you empathize with what they're feeling.

VI

Be Flexible and Willing to Adjust

Sometimes parents struggle with unrealistic expectations and goals for both their kids and for themselves. When this happens, parenting can suddenly feel burdensome and overwhelming. It's important to take steps back and reevaluate whether or not your expectations are realistic.

Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.

"The same drive for independence that is making your three-year-old say 'no' all the time is what's motivating him to be toilet trained," writes Steinberg. "The same intellectual growth spurt that is making your 13-year-old curious and inquisitive in the classroom also is making her argumentative at the dinner table."

If you often feel "let down" by your child's behavior, perhaps you have unrealistic expectations. Parents who think in "shoulds" (for example, "My kid **should** be potty-trained by now") might find it helpful to read up on the matter or to talk to other parents or child development specialists.

Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying "no" to your 2-year-old, look for ways to

alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!

VII

Know Your Own Needs and Limitations as a Parent

Face it — you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities — "I am loving and dedicated." Vow to work on your weaknesses — "I need to be more consistent with discipline." Try to have realistic expectations for yourself, your spouse, and your kids. You don't have to have all the answers — be forgiving of yourself.

And try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you're burned out. Take time out from parenting to do things that will make you happy as a person (or as a couple).

Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

VIII

Treat your child with respect

"The best way to get respectful treatment from your child is to treat him respectfully," Steinberg writes. "You should give your child the same courtesies you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can. Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."

For example, if your child is a picky eater: "I personally don't think parents should make a big deal about eating," Steinberg tells WebMD. "Children develop food preferences. They often go through them in stages. You don't want turn mealtimes into unpleasant occasions. Just don't make the mistake of substituting unhealthy foods. If you don't keep junk food in the house, they won't eat it."

Likewise, the checkout line tantrum can be avoided, says Natale. "Children respond very well to structure. You can't go shopping without preparing them for it. Tell them, 'We will be there 45 minutes. Mommy needs to buy this. Show them the list. If you don't prepare them, they will get bored, tired, upset by the crowds of people.'"

"Parents forget to consider the child, to respect the child," Natale tells WebMD. "You work on your relationships with other adults, your friendships, your marriage, dating. But what about your relationship with your child? If you have a good relationship, and you're really in tune with your child, that's what really matters. Then none of this will be an issue."

IX

Show Lots of Love and Show That Your Love Is Unconditional

As a parent, one of your major role is being responsible for correcting and guiding your kids. But what makes a whole lot of difference is how you express your corrective guidance matters in how a child receives it.

Corrections doesn't necessarily have to be in the form of blaming, criticizing, or fault-finding, avoid these when you have to confront your child, which undermine self-esteem and can lead to resentment. Instead, try as much as possible to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

Titus 2:3-4 Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. [4] Then they can train the younger women to love their husbands and children...

Children thrive on love. The story is told of an English hospital in the 19th century. There were young, orphaned children there who received medical attention but little or no emotional support. Many of those ill children would simply languish and die. But a lady janitor who worked the hospital night shift asked for permission to carry a declining child in a sling on her hip while she worked. She would lavish attention and love upon the child while she swept and cleaned. And, lo and behold, some of those children who had been “failing to thrive” and were expected to decline and die, reversed course and responded to her love by rallying back to health. Love is powerful!

One way to show love is to spend time together. This is a great way to show kids that they are a priority to you.

Remember, embracing your child will make them feel safe and loved—so will holding their hand, stroking their hair, and kissing their cheek.

Also, initiate activities, such as ball games, enjoying outdoor activities which are interactive, or simply talking with your children to make the most of the time you have together. Showing interest in things that they are passionate about is another great way to show

Show physical affection. Hug your children, hold them. One study of pregnant 13-year-old girls discovered that a prevailing common trait was that while growing up they had received little or no pure, wholesome physical affection from their fathers. They told the researchers that their craving for this lack of wholesome touches and hugs in the home drove them to seek it elsewhere. And unfortunately they too often found it in illicit sexual encounters.

“Give” yourself to your children, even as “...Christ loved the church and gave himself up for her” (Ephesians 5:25). Love is at its best when it is giving.

X

Build a strong relationship with your spouse

Research shows that children from a happy home or low-conflict families are happier and more successful in the long run, as compared to children from high-conflict families.

Building a strong relationship with your spouse is of great important which will benefit your children because parents who have a healthy marriage are more likely to raise children who are well-adjusted.

To raise successful children requires a successful home which can be attained by the following:

Pray together

Focus on solving problems instead of assigning blames

Discuss future plans together

Ask 'what can I give to the marriage?' more often than you ask 'what can I get from the marriage'

Compliment your spouse in front of your children and other people

Don't compare your marriage with other people's marriage

Be kind and polite to your spouse

Occasionally ask your spouse, 'what can I do to be a better husband/wife?'

XI

Help your children develop social skills

If you want your children to lead joyful, fulfilling lives, help them develop social skills. Involve them in activities where they get to help others, serve others, contribute and make a positive impact. They'll be on the path of building a happy and successful life.

Social skills such as:

Being polite

Compliment others

Not interrupting

Listening

Helping others

Cooperating

Resolving conflicts

Sharing

Making eye contact

Giving feedbacks

Accepting differences

.....

Godly Parenting Principle

The training of children is comprised mostly of input from us. After that, children can begin increasingly to make sound moral judgments from that godly input you have been giving them over their earlier years.

Deuteronomy 6:6-7 these commandments that I give you today are to be upon your hearts. [7] Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.

The home is the primary training environment. We parents are entrusted with taking our children from 0% to 100% responsibility for their lives.

Home is the ideal place for children to:

- learn to get along with others
- learn work skills, social skills, manners, good attitudes, and much, much more.

Home is where parents model being a Christian and, in turn, present to their children the knowledge and practical opportunities to develop that in their own lives.

One thing we as parents must not do, and that is to believe the ancient saying that it "takes a village" to raise a child. Absolutely not! The "village" around you — often unsaved neighbors, secular government-run schools, ungodly media, and the like — cannot be allowed to have significant influence on your Christian children. Otherwise, they will steadily erode the biblical values and truths that you parents are building into your children. It is not wise, or even

possible, to isolate your children totally from the outside world. But faithfully fulfill your responsibility as parents to ground them in biblical values and character formation. Then they will be increasingly ready to face the carnality of our secular cultures and will be a positive influence rather than becoming victims of worldly value systems.

Ephesians 6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Parents — including Dads! — It is your responsibility to ensure that your children know and serve the Lord.

- Bible reading ... prayer at meals, at bedtimes, for needs ... relating the Lord to their everyday lives and activities.
- Be part of a good, Bible-believing, worshiping church, and teach your children to love being “in church”.
- Spend devotional time with them personally. Pray with them, read the Bible with them.

- Let your home be filled with Good music. Sing to the Lord with your children. Teach them worship songs.

Don't "exasperate" your children. Home is not a Marine boot camp! Rigid, harsh parenting will often lead to rebellion rather than the desired results.

- But do present to them, day after day, in a positive and encouraging way, the "training and instruction of the Lord".

(1) Character training — Address conduct and attitudes that are inappropriate, and instruct them in God's approach to each character issue. You don't necessarily need set times of character teaching. It works just fine to seize upon "learning moments" in the midst of their everyday lives.

(2) Bible training! You must...must...must read the Bible to your children ... and discuss it with them.



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